

# FORT SAM HOUSTON News Leader

*"One Team, Supporting Military Missions and Family Readiness!"*

## 32nd Medical Brigade Celebrates Black History Month

By Minnie Jones  
Fort Sam Houston Public Affairs Office

"The Roots and Branches of Our Family Tree" was this year's theme at the Black History Month celebration Feb. 27 at the Jimmy Brought Fitness Center.

The Anike Dance Ensemble kicked off the celebration with close to 200 people in the audience hand clapping in harmony during the performance.

The exhibits focused on African geographic regions introducing tribes, languages, food, contributions, customs, natural resources and dress from each area, with each exhibitor dressed in African attire. Exhibits also included a table highlighting the Caribbean Islands.

A major highlight of the event was guest

See **BLACK HISTORY P13**



Photo by Minnie Jones

Dr. Granville Coggs, an original Tuskegee Airman and former staff radiologist at the Brooke Army Medical Center, talks with Master Sgt. Anthony Stevens, Army Medical Department, during the 32nd Medical Brigade Black History Month celebration Feb. 27 at the Jimmy Brought Fitness Center. This year's theme was, "The Roots and Branches of Our Family Tree."



Photo by Esther Garcia

(From left) Keith Ferris, aviation artist, Lt. Col. Daniel Clark, Army North and President, Dibrell/Alamo Chapter, Army Aviation Association of America and retired Air Force Col. Frederick Pillet, acting flight Captain, Stinson Flight No. 2, place a wreath at the Foulois marker commemorating 99 years of the first military flight made by then 1st Lt. Benjamin Foulois.

## Post commemorates 99th Anniversary of the first military flight

By Esther Garcia  
Fort Sam Houston Public Affairs Office

At approximately 11 a.m. March 2, under clear blue skies, a vintage Stearman PT-17 and a Fairchild PTY-26 flew over the grounds of Fort Sam Houston commemorating the 99th anniversary of the first military flight

made by then 1st Lt. Benjamin Foulois.

Sponsored by the Stinsons Flight No. 2, Order of Daedalians and the Jack Dibrell/Alamo Chapter, Army Aviation Association of America, the ceremony was held at the Foulois marker located at the post flagpole.

See **FOULOIS P12**

## INSIDE

### ANNIVERSARY



*Hospital Corps celebrates 122 years of service*

### PAGE 3

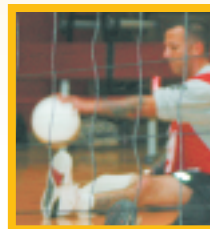
### SCHOOL TOUR



*NCOs visit with Jefferson High School JROTC*

### PAGE 4

### SPORTS



*Jimmy Brought host paralympic games*

### PAGE 8



**VISIT NEWS LEADER ONLINE: [WWW.SAMHOUSTON.ARMY.MIL/PUBLICAFFAIRS](http://WWW.SAMHOUSTON.ARMY.MIL/PUBLICAFFAIRS)**



**Editorial Staff**  
Army Medical Department Center  
and School and Fort Sam Houston  
Commander  
**Maj. Gen. Russell Czerw**  
Garrison Commander  
**Col. Mary Garr**  
Public Affairs Officer  
**Phillip Reidinger**  
Editor/Writer  
**Vacant**  
Staff Writer  
**Lori Newman**  
Layout Artist  
**Joe Funtanilla**

**News Leader office:**  
1212 Stanley Road  
Building 124, Suite 4  
Fort Sam Houston, Texas  
78234-5004, 210-221-0546,  
DSN 471-0546  
Fax: 210-221-1198  
**News Leader Advertisements:**  
Prime Time Military Newspapers  
2203 S. Hackberry  
San Antonio, Texas 78210  
Phone: 210-534-8848  
Fax: 210-534-7134  
**News Leader e-mail:**  
news.leader@conus.army.mil  
**News Leader online:**  
www.samhouston.army.mil/  
publicaffairs

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Road, Building 124, Suite 4, Fort Sam Houston, Texas 78234-5004; 210-221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial content of this publication is the responsibility of the Director of Public Affairs. The News Leader is published by Prime Time, Inc., Military Newspapers, 2203 S. Hackberry, San Antonio, Texas 78210; 210-534-8848, a private firm in no way connected with the U.S. government, under exclusive written contract with the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army. Stories and photos for publication consideration may be e-mailed to news.leader@conus.army.mil by close of business Friday.

# New Stimulus Bill Brings Important Tax Law Changes

Feb. 17, President Obama signed the American Recovery and Reinvestment Act of 2009. This new law contains many tax law changes, most of which will begin affecting tax returns in 2010.

Many taxpayers, however, will benefit immediately from one or both of two key provisions: the Making Work Pay Credit and the modified First Time Homebuyers' Credit.

The Making Work Pay Credit will be available to most taxpayers in 2009 and 2010. The credit is \$400 for most individuals, \$800 for married couples filing jointly. Unlike last year's stimulus payment, this credit will not be distributed as a stimulus check. Instead, most eligible recipients will begin seeing this benefit in April as a reduction in the amount of federal taxes withheld from their paychecks.

Most individuals on fixed incomes, including Social Security recipients and disabled veterans, will receive a one-time payment of \$250. These payments will count against any Making Work Pay Credit the individual is eligible to receive.

The Recovery Act also amended certain provisions relating to the First Time Homebuyers' Credit. Now, taxpayers who bought their first home (meaning they had not owned a home in the previous three years) after Dec. 31, 2008, will receive an \$8,000 credit.

In addition, for qualifying houses bought in 2009, this credit will not have to be repaid, provided the taxpayer continues to use the property as their main home for three years.

Several other changes will

affect returns beginning in 2010. Among these provisions: a sales tax deduction for purchasers of new cars in 2009; significant expansion of the Helping Outstanding Students and Pupils Educationally education credit; and increases in the additional child tax credit and Earned Income Tax Credit.

The IRS-trained tax preparers at the Fort Sam Houston Military Tax Assistance Center continue to assist active duty service members, retirees, and their dependents with free 2008 return preparation. Both

sites are by appointment only and are booked well in advance, taxpayers interested in taking advantage of this service should call now.

The main center is located in Building 133, immediately behind the Staff Judge Advocate's office on Stanley Road. It is open Tuesday through Friday, to make an appointment call 295-1040, 9 a.m. to 5 p.m. The Brooks Army Medical Center satellite office, located on the lower level, is open Monday through Friday, 9 a.m. to 4 p.m., 916-1040.

Weekly Weather Watch						
	March 5	March 6	March 7	March 8	March 9	March 10
San Antonio	79° Partly Cloudy	79° Mostly Cloudy	76° Rain Chance	77° Rain Chance	77° Rain Chance	79° Rain Chance
Kabul Afghanistan	55° Rain Chance	51° Rain Chance	51° Rain Chance	53° Partly Cloudy	59° Partly Cloudy	66° Partly Cloudy
Baghdad Iraq	69° Rain Chance	73° Partly Cloudy	82° Clear	87° Partly Cloudy	84° Overcast	69° Rain Chance

(Source: Weather Underground at www.wunderground.com)

## Thought of the Week

A bad decision is when you know what to do and you don't do it. — Duncan Goodhew  
(Source: Bits & Pieces, February 2009)

## News Briefs

### Suicide prevention training

A mandatory suicide prevention training for all garrison Soldiers and Department of Army civilians will be held March 9 from 8 to 9:30 a.m. at Army Community Service, Building 2797.

### Sergeant Audie Murphy Club induction ceremony

Commanding General Maj. Gen. Russell Czerw and Command Sgt. Major, Howard Riles, U.S. Army Medical Department Center and School and Fort Sam Houston, will host the Sergeant Audie Murphy Club induction ceremony March 20 at 4 p.m. in the Blesse Auditorium. Guest speaker is Sgt. Maj. David T. Steeley, Executive Service and Operations, Brooke Army Medical Center. The event is open to the public. For more information, call Sgt. 1st Class Raquel Dantzler at 221-7729 or e-mail raquel.dantzler@amedd.army.mil.

### SAEDA/OPSEC classes

The Subversion and Espionage Directed Against the U.S. Army and Operations Security classes are scheduled for Fiscal 2009. The class dates are:

- March 12 from 10 to 11 a.m. at Evans Theater
- April 1 from 10 to 11:30 a.m. at Blesse Auditorium
- May 7 from 10 to 11 a.m. at Evans Theater
- June 4 from 10 to 11:30 a.m. at Blesse Auditorium
- July 9 from 10 to 11 a.m. at Evans Theater
- Aug. 4 from 10 to 11:30 a.m. at Blesse Auditorium

Attendees must bring their Common Access Card to sign in. For more information about Evans Theater briefings, contact the Garrison Security Office at 221-2280, 221-1906 or 221-9500. For more information about Blesse Auditorium briefings, contact the Army Medical Department Center and School Security Office at 221-8841 or 221-8199.

### On-post housing available

Lincoln Military housing has two-bedroom homes available for E1 to E6 for immediate move-in. The homes have been recently renovated and offer many amenities. For more information, call LMH at 824-9587.

# Hospital Corps celebrates 122 years of service

By Phil Reidinger  
Fort Sam Houston Public Affairs

Army Medical Department officers, noncommissioned officers and civilians met at the Army Medical Department museum on Friday to celebrate the anniversary of the Hospital Corps.

The Army's Hospital Corps was formally established on March 1, 1887. General Order 29 published in April 1887 stated "the Hospital Corps of the U.S. Army shall consist of hospital stewards, acting hospital stewards, and privates; and all necessary hospital services in garrison, camp, or field (including ambulance service) shall be performed by the members thereof, who shall be regularly enlisted in the military service; said Corps shall be permanently attached to the Medical Department, and shall not be included in the effective strength of the Army nor counted as a part of the enlisted force provided by law."

General Order 29 further stated that the Secretary of War is empowered to appoint as many hospital stewards as, in his judgment, the service may require; but not more than one hospital steward shall be stationed at any post or place without special authority' of the Secretary of War.

The General Order also established new chevrons denoting the ranks of the hospital stewards similar to the chevrons worn by all NCOs in the Army. Hospital stewards wore full sized chevrons that had three stripes below and one on top with a Red Cross in the center. Acting hospital stewards wore the same chevrons except for the stripe on top. Privates of the Hospital Corps wore the "white arm band with a Red Cross"

Guest speaker during the ceremony, U.S. Army Medical

Command, Command Sgt. Maj. Althea Dixon, noted that the 2009 Year of the NCO theme is celebrating and honoring the Army professional NCO traditions. "The focus of the theme is enhancing the education, fitness, leadership and pride of service of the NCO Corps," she said. To reinforce teaching Army Medical Department Soldiers the basics and learning the roots and history of the enlisted corps, Dixon noted that the Army Medical Department is reissuing General Order 29 to all AMEDD enlisted medics.

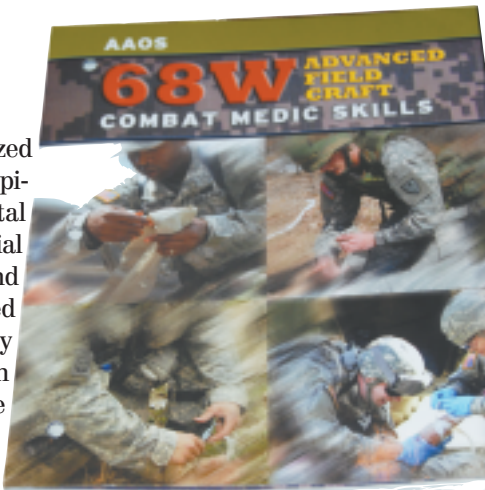
The Army Medical Department NCO Corps traces its roots to July 17, 1776, when congress authorized the employment of hospital stewards or medical NCOs which were the forerunners of the AMEDD NCO Corps.

In April 1777, a hospital steward medical NCO was allowed for every hundred sick or wounded. Their responsibilities were to receive, dispense and maintain accountability of articles of diet from the hospital commissary. Pay for the hospital steward was fixed at one dollar a day and two rations.

In March 1799, a hospital

steward was authorized for each military hospital. While the Hospital Steward had no official rank in the Army and were soldiers detailed from the line, they played a key role in providing healthcare

## See HOSPITAL CORPS P5



Photos by Esther Garcia



(From left) Army Medical Department Center and School Command Sgt. Maj. Howard Riles, Maj. Gen. Russell Czerw, Medical Command 2008 Soldier of the Year Sgt. Daniel Farrier, and Medical Command Cmd. Sgt. Maj. Althea Dixon cut the cake commemorating the 122nd anniversary of the Army Hospital Corps.



(From left) Retired U.S. Army Medical Command, Command Sgts. Maj. Fredricke Clayton, Howard Harrell, James Hardin, current Command Sgt. Maj. Althea Dixon, Sandra Townsend, and James Aplin represent the senior enlisted heritage of the Medical Command during the celebration of the 122nd Anniversary of the Army Hospital Corps.

# NCOs visit with Jefferson High School JROTC



Photos by Esther Garcia

More than 35 JROTC students from Jefferson High School spend the day visiting Fort Sam Houston Feb. 27. The trip included a visit to the Department of Combat Medic Training, Headquarters and Headquarters Company, U.S. Army Garrison and the Quadrangle. Noncommissioned officers assigned to HHC, USAG, Sgts. Jarvis Davis, Kevin Rose, and Daniel Williams, talk to the students about the use of the hotwizers on post. The Soldiers also talked about their military operational specialties.

An Army recruiter watches as Valerie Galvan, commander, JROTC, Jefferson High School, Jimmy Guerra, and Joshua Ford, check out the vital signs and wounds of a patient simulator at the Combat Medic Training Department.



Staff Sgt. Jerry Holcomb, Headquarters and Headquarters Company, U.S. Army Garrison, provides a briefing to the students about the military caisson and the right way to mount a horse. The students also had the opportunity to ride the horses.



Jefferson High School JROTC students watch as Sgt. Heriberto Hernandez and Sgt. Ronald Kuehner demonstrate how to fold the U.S. Flag during funeral services.



Chris Kwader, Department of Combat Medic Training, briefs Jefferson High School JROTC students about the combat medic course. Kwader also spoke about his Army experience and importance of a good education.

## HOSPITAL from P3

for the soldiers. They had to be able to read and write, and have some background in mathematics, chemistry or pharmacy. Few soldiers of this era had these abilities.

In 1856, Congress authorized the Secretary of War to appoint as many hospital stewards as needed in the army and mustered onto the hospital rolls as "NCOs". This action permanently attached the stewards to the Medical Department. In 1885, the Surgeon General's annual report contained a recommendation that a "Hospital Corps" be formed of personnel trained in all aspects of medical support for field and garrison operations.

Sgt. Daniel Farrier, 2008 MEDCOM Soldier of the Year, who is a pharmacy technician, read the proclamation celebrating the establishment of the hospital corps prior to the

official cake cutting.

### Faculty member honored

During the Hospital Corps anniversary ceremony Maj. Gen. Russell Czerw, AMEDD Center and School and Fort Sam Houston commander, presented Jan "Casey" Bond the Superior Civilian Service Award for his outstanding performance as program manager of the Center for Pre-Deployment Medicine, and previously as the Advanced Training branch, Department of Combat Medic Training.

Prior to the presentation Czerw said Bond represents the Army Medical Department team progressing from combat medic NCO, to Physician Assistant to serving today as a senior civilian faculty member.

Bond is the editor-in-chief of the first 68 Whiskey Combat Medic textbook. Mr. Bond led an NCO team that created the first Healthcare Specialist, 68W textbook. According to Lt.

Col. (Dr.) Paul Mayer, Director, Department of Combat Medic Training, "The textbook improves the teaching methods and makes the process of developing the Combat Medic Soldier a more cohesive, insightful and active process. The text book articulates the central organizing principles of Combat Medic competence and scope of practice. It will be

used by 17,000 combat medics per year for recertification and 8,000 per year for initial entry training."

As a subject matter expert in tactical casualty care, Bond developed the curriculum for the text book revising training handouts, a collection of training tasks and lessons learned used in initial entry training and advanced noncommis-

sioned officer training into a progressively linear training program improving training relevancy to the current operating environments Mayer noted.

The text book also provides scenarios and situations that are tough and realistic, including the care under fire and tactical combat casualty care components, he added.



Photo by Esther Garcia

Jan "Casey" Bond is presented the Superior Civilian Service Award by Maj. Gen. Russell Czerw, AMEDD Center and School and Fort Sam Houston commander, for his accomplishments as the editor-in-chief of the new Healthcare Specialist 68W textbook.

# Sgt. Maj. retires following 49 years of service

By Esther Garcia  
Fort Sam Houston Public Affairs Office

Henry Ross, or as his friends call him, Hank, was honored at Wood auditorium Feb.20 following his retirement effective March 2 with 49 years of combined military and civilian service.

Ross received the Civilian Superior Service Award and the Order of Military Medical Merit, for his significant contributions to the Army Medical Department.

Ross entered the Army in March 1960, arriving at Fort Sam Houston in 1978 as the Sergeant Major for the Army Medical Department, Health Services Command, Provost Marshal. In 1980 Ross retired from military service but

remained as a physical security specialist with Medical Command. Ross also served as the MEDCOM provost marshal from July 1994 to March 1997. Ross left the MEDCOM briefly in 1997 but returned in late 1998.

Ross, who retired with 20 years total military service as a Sergeant Major said about NCOs, "NCOs take charge, they don't do the things that the commander lets them do, they have to identify what needs to be done, then do it. If the commander doesn't like it, he/she will let them know, but the commander shouldn't have to tell them what to do."

During his 29 years with MEDCOM as the senior physical security specialist, Ross has seen numerous changes

throughout the organization.

When the nation entered the Global War on Terrorism, Hank ensured all of the MEDCOM Medical treatment facilities upgraded their security access points and increased their security posture. He was also instrumental in converting military police spaces at the eight MEDCOM medical centers to Department of Army police and guard positions thus ensuring a constant security force. He also secured over \$120 million dollars to upgrade security at several medical centers.

Recognized as the physical security subject matter expert, Ross was constantly asked to sit in numerous department of the Army level working groups.

Ross advice to those who want to work close to 50 years, "You've got to love your job, and not just love it, it is the attitude, believe that you love your job," said Ross.



Photo by Esther Garcia  
Col. Pollyanne Marcieski, troop commander, U.S. Army Medical Command, presents retired Army Sgt. Maj. Henry Ross, the Civilian Superior Service Award at a Medical Command Awards Ceremony held at Wood Auditorium Feb. 20. Marcieski also presented Ross the Order of Military Medical Merit. Ross retired following 49 years of combined military active duty and civilian federal service.

## MEMORABLE PROMOTION



Photo by Esther Garcia  
Newly promoted Lt. Col. Bradley Brooks is all smiles as his parents, George and Deanna Brooks, pins his new rank, which became effective March 1. The promotion ceremony, attended by numerous friends and family members who came from out of state to celebrate his promotion was held at the Army Medical Museum Feb. 27. Brooks, a native of Gregory, S. D., enlisted in the Army National Guard in 1986 as a Combat Engineer and in 1992 was commissioned to second lieutenant in the Medical Service Corps. Following numerous assignments stateside and overseas, Brooks arrived at Fort Sam Houston in 2007 and was assigned as the chief, Human Resources Action Branch, U.S. Army Medical Command. In January 2009 Brooks assumed his current position as chief, Human Resources Strength Management Branch, USAMEDCOM. The branch oversees the fundamentals of strength management and distribution of all medical personnel within the USAMEDCOM.

## HIRING HEROES CAREER FAIR

Fort Sam Houston will host a Hiring Heroes Career Fair March 10 at the Sam Houston Club. This Department of Defense-sponsored event will bring together more than 75 employers whose primary purpose in attending will be to speak with Warriors in Transition, their Family members and caretakers regarding employment opportunities available to them once separated from military service. Employers from the federal sector, government-affiliated agencies, contractors and corporations will be present, among them being Lockheed-Martin, United Services Automobile Association, Department of Homeland Security, Army and Air Force Exchange Service, the Veterans Administration and the Central Intelligence Agency. The Fort Sam Houston Army Career and Alumni Program Center, the Office of Personnel Management and the Soldier and Family Assistance Center will be conducting a series of classes and taking individual appointments to assist Warriors in Transition in federal and corporate resume formulation, Internet job searching, interviewing and other job search related skills. For more information, call ACAP SFAC office at 916-9295 or the Office of Personnel Management SFAC office at 916-9252.

### Parking Notice for Hiring Heroes Career Fair

Due to the numerous construction projects at Fort Sam Houston, parking for the Hiring Heroes Career Fair will be at a premium. The parking lot behind the Sam Houston Club will be reserved for Warriors attending the Career Fair on March 10. In addition, there will be reserved parking in the newly constructed lot behind the Akeroyd Blood Donor Center at the corner of Harney and Marvin R. Wood roads. A shuttle will run about every 10 to 15 minutes between this parking area and the Sam Houston Club from 8:30 a.m. to 3:30 p.m.

# Brought hosts paralympics games

By Maria Gallegos  
Brooke Army Medical Center Public Affairs

The Brooke Army Medical Center Warrior Transition Battalion organized a Sitting Volleyball competition, Feb. 13 in partnership with the Directorate of Family and Morale,

Welfare, and Recreation and the U.S. Paralympics Organization at the Jimmy Brought Fitness Center.

Sitting volleyball is an official sport of the Paralympics Games. It is a sport played by two teams playing on a court divided by a net. There are different versions available for

specific circumstances in order to offer the versatility of the game to everyone.

Nineteen teams participated in the event ranging from six to eight players on each team.

“Off Constantly” from C Company won first place, “Strikers,” B Co., came in second and “All that’s left,” from B Co. took home third place.

“The event was a great success. We had a great turn-out of warriors participating in the games. This camaraderie builds esprit de corps and fosters healthy competition within the warrior Transition Battalion. It also promotes unit cohesion amongst Warriors and staff,” said Maj. John Meyer, Warrior Transition Battalion operations officer.



Photo by Sgt. Maj. Carlos Garcia  
Wounded warrior staff, Sgt. Robert Price, C Company Warrior Transition Battalion, gets ready to strike the volleyball as his teammates (Command Sgt. Maj. Dewey Dunham, Staff Sgt. Michael Gillette, Sgt. Steven Stavar, Spc. Debra Brooks, Spc. Sterling Dunn and SPC Jonathan Farwel) watch the play during the Sitting volleyball competition Feb. 13 at the Jimmy Brought Fitness Center.



## Sports

### March Classic Basketball Tournament

The Central Post Gym, Building 961 and the Brigade Gym, Building 1281, will host the 11th Annual March Classic Men's and Women's Basketball Tournament, March. 7 at 8 a.m. The Jimmy Brought Fitness Center, Building 320 will host the tournament finals March. 8 at 8 a.m. with the championship scheduled to start at 1 p.m. For more information, call 221-3003 or 221-3185.

### Lifeguard classes

The Jimmy Brought Fitness Center will host weekend lifeguard classes March 14 and 15; and March 21 and 22 from 8:30 a.m. to 4:30 p.m. at the Jimmy Brought Fitness Center. Cost is \$160 per class. For more information, call Ignacio Flores at 221-1234 or 221-1532.

### Intramural spring softball

Fort Sam Houston Intramural spring softball (mens and coed) season will begin March 30. For more information, call Earl Young at 221-3185.

### Men's Basketball Championship

B Company, 187th Medical Battalion Men's team beat G Co. 232nd Med. Bn. 43-34 to claim the Brigade Men's Basketball Championship Feb. 24. C Co., 187th Med. Bn. led most of the game when G Co., 232nd Med. Bn. made a run at them. C Co., 187th Med. Bn. held them off for the final outcome to claim the championship. Congratulations for both teams for a well played game.

# Don't let dieting 'weigh' you down

By Maj. Renee Cole, PhD, RD, LD,  
Brooke Army Medical Center

“You can lose 20 pounds in 10 days”... “Drop from a size 20 to 4”...Eat everything you want without lifting a finger!” We've all heard these claims, but 71 million Americans, 25 percent of men and 45 percent of women are currently on a diet.

The dieting industry sells 30 million dollars worth of dieting products each year and yet over 65 percent of Americans are overweight and the numbers are still rising.

There are several diet themes besides the typical fad diets such as diet void, one last diet and pseudo-dieting.

The diet void relates to starting a diet to go along with difficult times or a way to cope. It gives a person a distraction from other problems such as a divorce or job loss. It's often a common topic at social events and provides a feeling of belonging or a common bond with others.

The second theme is the

'one last diet' trap; “Please let me lose weight, just one more time! I'll figure out how to keep it off later.

“The last theme involves pseudo-dieting, this brings together a lot of little techniques people pick up from other diets. Some examples include, strict calories counting, cutting back calories to the extreme, limit carbohydrates on a daily basis, working out for an hour after eating a dessert, drinking coffee or soda to numb hunger, skipping breakfast or eating at only certain times in the day. They are not a diet by themselves but continue the dieting thoughts and behaviors.

The dieting cycle, including fad diets, follows a circular path that is very hard to break. It involves following a strict diet with specific foods to avoid. After a while, people start to crave these foods and finally cave. This leaves people feeling even worse, considering food the enemy. People normally lose weight but usually put it right back on since the diet

never really teaches the skills to change to healthier lifestyle behaviors.

Why do this? It comes down to fear; people don't trust their own judgment; they rely on someone else telling them what to do.

Break out of the cycle; accept the harm that dieting does, become aware of dieting thoughts and behaviors.

Dieting causes changes to occur in the body that actually promotes fat gain and muscle loss. Muscle is important to keep metabolism going. Emotionally people suffer since diets pay a heavy toll on self-worth.

Many people have forgotten what hunger and fullness truly feels like. A baby cries when hungry and stops when full. Babies use body signals that are built into each of us to control food intake. Somewhere along the line we lose this ability. Many rules demand we eat when we are not hungry or continue eat when full. For instance you've probably heard, "You're not getting up

from the table until you clean your plate," or "you have to eat, it's six o'clock and dinner is on the table."

The body naturally tries to control blood sugar levels, which only last about three to six hours before dropping and causing the hunger signal to arise. Try not to go more than five hours at any given time without eating.

Become aware of body signals and learn how to make healthier food choices. Forget about failure; setbacks and goof-ups are good learning points that actually lead to personal growth.

Throw out those fad dieting books because most of them rely on unrealistic rules and sacrifices that may send conflicting messages. Don't weigh yourself daily because weight changes slightly on a daily basis due to normal changes in water weight. A better way to measure progress is to watch how clothes fit over time. People can lose fat and gain muscle by increasing physical fitness and still weigh the same

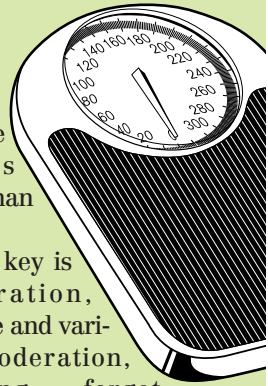
(muscle weighs more than fat).

The key is moderation, balance and variety. Moderation, meaning, forget about supersizing food and learn more about serving sizes. Eat until you no longer feel hunger, but pleasantly content.

Add variety by including fruits and vegetables since they add bulk and help trigger the feeling of fullness without the high calories. Balance food choices over all of the food groups.

Add physical activity; it doesn't have to be strict exercise, just get moving.

The bottom line is ..., if all of these diets worked, there would not be a need for a new one and the obesity rates would stop rising. Now's the time to give up dieting and make the changes needed to live a healthier life.



# Local philanthropist provides day at Sea World for FSH Elementary students

By Dr. Kathy Maxwell  
Fort Sam Houston Elementary

Over 400 Fort Sam Houston Elementary students, teachers and chaperones were sent to Sea World for an off-season, fully funded field trip.

Cardiologist and local philanthropist, Dr. Eli Whitney, developed the program GAMER - Giving Americans Motivational Education for the Real World. With an emphasis on math and science and his non-academic keys to success; the program provides students with access to field trip opportunities and guest speakers, all fully funded by Whitney.

More than 10 animal trainers, handlers and biologists were available to interact with the students and teachers. Sea World staff talked about their jobs and the education required to achieve their level of success.

Also stressed was the



Fort Sam Houston elementary fifth grade students interact with dolphins during a field trip Feb. 12 at Sea World. Dr. Eli Whitney, cardiologist and local philanthropist and founder of GAMER - Giving Americans Motivational Education for the Real World, funded the trip.

importance of non-academic skills such as being on time, being responsible, and the desire to learn new things.

Many of the classes had already learned about living

organisms, inherited traits and animal adaptations. The field trip experience brought that learning to life. Writing classes refined their skills using information gained from the field

trip experience. Writing about topics such as, "My Day at Sea World" were completed upon return to school.

Six classes used the opportunity to write personal "thank you" notes to Whitney.

Daniela Riedlova commented on the coral reef exhibit, "Those fish don't even look real. They are so beautiful."

"This is a wonderful, rich experience for our children. Some have expressed an interest in science as a field of study," said Carolyn Absher, elementary teacher.

One teacher, Leah Goff, provided notepads and pencils for her class to use for gathering information as her children moved from one living exhibit to another. Others provided questions for a "life science scavenger hunt."

Mayceo Wilson's comment summed it up, "It's like a dream. I don't want to leave."

Fort Sam Houston  
Independent School District

Weekly Campus Activities  
March 9 to 13  
Spring Break  
School Resumes,  
March 16

Robert G. Cole Middle  
and High School

March 14  
Baseball vs. St. Anthony  
at Cole, 12 noon

## News Leader survey online

Submit your feedback to help improve the News Leader. The survey is available online at <http://www.samhouston.army.mil/publicaffairs>. For more information, call 221-0615 or 221-1031.

## FOULOIS P1

Near this spot on March 2, 1910, Foulois, Signal Corps, U.S. Army, began the series of flights that demonstrated the value of the airplane as a military weapon. This was the first military flight in Texas. Foulois started the flight at 9:30 a.m., and ended at 9:37 a.m. attaining the height of 200 feet and circling the area at a speed of 30 miles per hour. This was the first flight in the first government owned airplane by the first military trained pilot.

A static display of helicopters that included a Chinook (CH-47), courtesy of III Corps, Fort Hood, the Apache (AH-64), provided by the 36th Combat Aviation Brigade, Texas National Guard and a Kiowa (OH-58), courtesy of Alan Bloxson, Fort Apache Power, Bulverde, Texas, provided the perfect background for the ceremony.

The guest speaker, Keith Ferris, aviation artist, unveiled his painting, "Gallant Beginning," which is a depiction of the first military flight by Foulois here at Fort Sam Houston.

Ferris, the son of a career Air Force Officer, grew up with military aviation.

Ferris has flown more than 300 hours in jet fighter aircraft and has flown in most all jet aircraft types in the Air Force inventory while documenting the Air Force mission with art. He deployed across the Pacific, to South East Asia

as a civilian back-seater with the first squadron of F-4E Phantoms in 1968 where he participated in missions of the F-4E, the F-105F and the B-52D. He spent a total of eight weeks over a 25-year period flying with the USAF Fighter Weapons Schools experiencing the employment of aircraft ranging from the F-100 to the F-15 and F-16. He holds five United States patents for deceptive aircraft paint systems. He has 60 major paintings in the Air Force Art Collection.

His art has served the advertising, editorial, public



Keith Ferris, aviation artist and keynote speaker for the ceremony commemorating the 99th Anniversary of the first military flight by then 1st Lt. Benjamin Foulois is flanked by the Foulois marker and a Chinook courtesy of the III Corps, Fort Hood, Texas.

relations, and historical documentation needs of the aerospace industry, publications, the military services and air and space museums for 62 years. Ferris created the 25 foot high by 75 foot wide mural in oil "Fortresses Under

Fire" in the World War II Gallery of the National Air and Space Museum of the Smithsonian Institution in Washington, DC, and the 20 foot by 75 foot Evolution of Jet Aviation mural in the museum's Jet Aviation Gallery.

In his remarks, Ferris recounted Foulois' history making in military aviation and recalled his experience when painting "Gallant Beginning."

Using old photographs of the post from the early 1900's to 1910 and sight maps from 1922, Ferris was able to place in his painting where buildings

Warrant Officer One Jeffrey Price, executive officer for the band, provided patriotic music.

Army pilots from World War I founded the Order of the Daedalians in 1934. It remains a fraternity of military aviators from all services who promise to place nation above self and to be worthy of the trust and confidence of fellow members. It supports programs to improve flight safety and aeronautical careers. There are sixty-five flights and more than 14,000 pilots in the order. Its national headquarters is at Randolph Air Force, Texas.

Stinson Flight No. 2 is the largest flight in the order of the Daedalians with more than 450 members. It has hosted the Foulois ceremony every year since 1978.

The Army Aviation Association of America was founded in 1957 to bring together all individuals and corporations engaged in the Army Aviation community. Its purpose is to support Aviation Soldier and Family. The association achieves it array of scholarships and awards programs, and supports lifelong recognition of aviation professionals through the Army Aviation Museum and Army Aviation Hall of Fame.

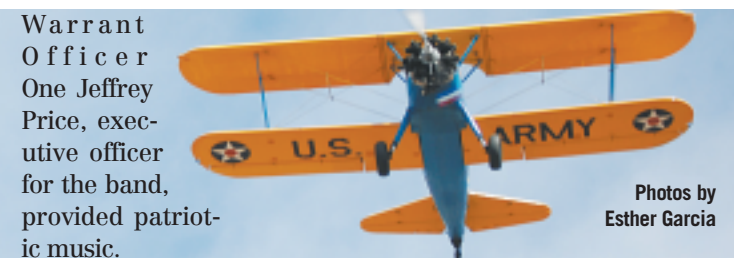
The Jack Dibrell, Alamo Chapter of AAAA is named for Col. Jack Dibrell, master army aviator, killed in 1977. At the time of his death, Dibrell was

were located at that time. The painting, "Gallant Beginning" was commissioned in 1975 by the National Bank of Fort Sam Houston, now called the Bank of America. It still hangs there and is in "good hands" said Ferris.

Following remarks, Ferris, Lt. Col. Daniel Clark, president, U.S. Army North, and president, Dibrell/Alamo Chapter, Army Aviation Association of America, and retired Air Force Col. Frederick A. Pillet, master of ceremonies, placed a wreath in the shape of a propeller in front of the Foulois marker in honor of the 99th Anniversary of the first military flight.

Cora Wilkerson, with Watts Elementary School, Cibolo, Texas, sang the "National Anthem" and "High Flight."

The U. S. Army Medical Command Band, led by Chief



Photos by Esther Garcia

responsible for training and readiness of all Army Reserve and National Guard Aviation units throughout the thirteen states then covered by Fifth Army.

## Foulois

In 1910, Benjamin D. Foulois was sent to Texas with a Wright Pusher to establish the embryo of what developed into the U.S. Army Air Corps. He was ordered to teach himself to fly with the assistance from the Wright Brothers, whom he communicated with by correspondence. From this rather dubious beginning, the Army Air Corps grew into a mighty weapon. In a career that spanned six decades, Foulois designed the first airplane radio receiver, scouted Pancho Villa's rebels from an open-cockpit Curtis JN3 and demonstrated that the airplane was no longer an experiment or novelty, but a practical tool with many use military applications.

Arriving at Fort Sam Houston in February 1910, Foulois and his detachment of seven enlisted men and one civilian built a temporary wooden hangar at one end of the mounted drill ground with materials furnished by the post

See FOULOIS P19



Future aviator, Max Connell, 4 years old, son of Col. Larry Connell, who flew dustoffs and is the Fort Sam Houston Inspector General, checks out the controls of a Chinook (CH-47), courtesy of III Corps, Fort Hood, Texas, on display at the 99th commemoration ceremony of the first military flight.

# Black History Celebration

## BLACK HISTORY from P1

speaker, Nevil Shed.

Shed was one of the first black men to play in an NCAA basketball league game with the Texas Western Miners, known now as the University of Texas at El Paso. The Miners in 1966 started an all black lineup, which was unpopular at the time, in the championship game against the University of Kentucky in the NCAA tournament that year.

Shed was part of the starting lineup and the team went on to defeat Kentucky. The Boston Celtics later drafted him in 1968.

The film, "Glory Road," tells the events leading up to the 1966 NCAA Men's Division I Basketball Championship.

Shed, talking about his son, started by thanking the U.S. Army by saying, "Two years ago, I gave you my 6-foot-6-inch, 232-pound young man, later on you gave me back a 6-foot-6-inch, 226-pound real man. He has served on a tour in Iraq and this June he will be going back. I can truly say my son is — 'Army Strong,'" said Shed.

Shed continued by talking about his story "My Road to Glory," highlighting



Photo by Ed Dixon

Phyllis Bergen, manager, Fort Sam Houston Black Employment Program, reads the 2009 Black History Month proclamation Feb. 27 during the Black History Month celebration at the Jimmy Brought Fitness Center.

his life, his struggles and events surrounding his road to glory and telling the audience that he has learned not to say "no" and "I can't," but to say "I will."

Also at the event was Dr. Granville Coggs, an original Tuskegee Airman and former staff radiologist at Brooke Army Medical Center. Coggs is the co-inventor of the Precision Breast Lesion



Photo by Minnie Jones

(From left) Maj. Gen. Russell Czerw, Commanding General, Fort Sam Houston and Army Medical Department Center and School, presents Nevil Shed with a framed Black History Month proclamation signed by San Antonio Mayor Phil Hardberger at the Fort Sam Houston Black History Month event. Czerw said, "We appreciate everything you continue to do; we will certainly try to carry on together."



Photo by Minnie Jones

Hundreds line up for an autograph from Nevil Shed, who was one of the first black men to play in an NCAA basketball league game with the Texas Western Miners. The film, "Glory Road," tells the events leading up to the 1966 NCAA Men's Division I Basketball Championship.

Localizer, a device that helps doctors locate breast cancer with greater precision and accuracy.

"The 2009 Black History Month Observance was an excellent review of our heritage. The various displays, artifacts, maps and recipes were good learning tools. I was very impressed by Mr. Nevil Shed, he provided an energetic motivational speech on his adventure to "The Road to Glory" and reminded us never to quit. As a native Alabamian, the highlight of the day to me was being in the presence of Dr. Granville Coggs, an original Tuskegee Airman. My congratulations to Sgt. 1st Class Harris and the committee," said Phyllis Bergen, manager, Fort Sam Houston Black Employment Program.

Speaking on the selection of this year's Black History Month theme, Sgt. 1st Class Timothy Harris, equal opportunity adviser said, "If we do not recognize the contributions from Africa and the Caribbean Islands, none of the achievements from those cultures are brought to the attention of individuals through ethnic observances, thus preventing many people the opportunity to learn and grow."



Photo by Ed Dixon

The Anike Dance Ensemble kicked off the Black History Month celebration performing before 200 people in the audience Feb. 27 at the Jimmy Brought Fitness Center.



Announcements

Commanders training

The Family Advocacy Program, commander and senior leader training course is for new commanders, first sergeants, and senior leaders. This training needs to be completed within 45 days upon assumption of the positions. Training will be held the second Thursday of every month from 8 to 10 a.m. at the Army Community Service, Building 2797, Stanley Road. For more information or to register, call 221-0349 or 221-2418.

Baseball Registration

Child, Youth and School Services will conduct baseball registration through March 13 from 8:30 a.m. to 4:30 p.m. at ACS, Building 2797, for children ages three to 17 years old. The cost is \$45. Participants must have a current sports physical at time of registration. For more information, call

Central Registration at 221-4871 or Sports and Fitness at 221-5513.

Harlequin Dinner Theatre

The Pump Boys sell high octane on Highway 57 in Grand Ole Opry country and the Dinettes, Prudie and Rhetta Cupp, run the Double Cupp diner next door. It is an evening of country and western songs performed by the actors — on guitars, piano, bass and kitchen utensils. Performances will be Thursday through Saturday evenings through April 11. Tickets are \$31 for Friday and Saturday performances; and \$28 for Wednesday and Thursday performances. Discounts are available for military and students. The theater opens for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30 p.m. and the show begins at 8 p.m. For more information, or to make reservations, call the Harlequin Dinner Theatre at 222-9694.

Calendar of Events

TODAY

Man-up class

Army Community Service Family Advocacy Program will offer a class entitled “Man Up” March 5 from 3 to 4 p.m. at ACS, Building 2797, Training Room 1. The goal of the group is to help men gain a sense of self-awareness and self-control. This class is open to any male I.D.

card holder. For more information or to register, call 221-1496.

FRIDAY

Preparing for childbirth

Army Community Service New Parent Support Program will hold a Getting Ready for Childbirth class March 6 from 9 a.m. to noon at ACS, Building 2797. This class will provide expecting parents with research-based information to prepare them for childbirth. For more information or to register, call 221-0349 or 221-2418.

MONDAY

‘I just want to be a parent today’

Army Community Service Exceptional Family Member Program will offer a “I just want to be a parent today” class March 9 from 10 to 11 a.m. The class is for parents of children with special needs. For more information or to register, call 221-0349 or 221-2418.

Credit management

Army Community Service Financial Readiness will hold a credit management class March 9 at 2 p.m. at ACS, Building 2797. Space is limited. For more information or to register, call 221-1612.

TUESDAY

Post-deployment training

The Army Community Service Mobilization and Deployment Program will hold post-deployment training March 10 from 10 to 11 a.m. at ACS, Building 2797. For more information or to register, call 221-2705 or e-mail samh.

acs.mob.deploy@conus.army.mil.

Debt liquidation

Army Community Service Financial Readiness will hold a debt liquidation class March 10 at 2 p.m. at ACS, Building 2797. Space is limited. For more information or to register, call 221-1612.

WEDNESDAY

You and Your Baby

Army Community Service New Parent Support Program will offer the two-part series, You and Your Baby March 11 and 25 from 8 a.m. to noon at ACS, Building 2797. Learn how to care for a newborn. For more information or to register, call 221-0349 or 221-2418.

Blended Families

Army Community Service Family Advocacy will hold Blended Families, a two-part class, March 11 and 18 from 11 a.m. to 12:30 p.m. at ACS, Building 2797. The class will discuss changing family dynamics and the complex roles of parents. For more information or to register, call 221-0349 or 221-2418.

Overseas orientation

Army Community Service Relocation Program will hold an overseas orientation

March 11 from 10 to 11 a.m. and 5 to 6 p.m. at ACS, Building 2797. The orientation is targeted to Korea, Germany, Japan, Italy and other overseas locations. Topics include entitlements, reimbursements, household goods shipments, employment, education and dependent travel. For more information or to register, call 221-2418 or 221-2705.

Mandatory first-term financial readiness

Army Community Service Financial Readiness will hold a mandatory first-term financial readiness class March 11 at 1 p.m. at ACS, Building 2797. Space is limited. For more information or to register, call 221-1612.

MARCH 12

Family Readiness Support Assistant forum

The Army Community Service Mobilization and Deployment Program will hold Family Readiness Support Assistant forum March 12 from 11:30 a.m. to 1 p.m. at ACS, Building 2797. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Dodd Chapel celebrates Black History Month

Story and photos by Minnie Jones  
Fort Sam Houston Public Affairs

Dodd Chapel celebrated Black History Month Feb. 28 at the Evans Theater with a historical tribute to black music and to countless black artists who inspired the nation.

Before the play began Chaplain (Lt. Col.) Steven Jordon, pastor, Collective Protestant Gospel Service, Dodd Chapel said, “I think the play will be uplifting and an informative historical musical repertory of black history, I believe everyone will enjoy it.”

The 44-member cast of the musical stage production, “The history of African-American Music and Arts, 1800 to 2009” traced the history of black music from the fields of slavery to the music of today.

Paulette Jordon, the writer and producer of the play wrote the play 15 years ago for Black History Month, and has performed the play at seven other military installations here and overseas. Born in the neighborhood where Stax Records was born, she has been around music all of her life. Her play traces that music back to its African roots up to the various sounds of today's music.

The play opened with a son, A.J. played by Adrian Goddard, and his father Pops

played by Frank Hawkins sitting on stage discussing black music and its contributions to today's society.

While Pops sat on stage and schooled his son on how blacks have influenced America with their music and dance throughout history, performers entered the stage taking the audience back with them to various scenes in history with musical performances with sprinkles of poetry here and there.

Actors emulated musical artists young and old all through history with music

and songs ranging from African rhythms, spirituals, blues, jazz, hip-hop and rap.

The highlight of the event Saturday night was when Jordon brought her husband, pastor Jordon to the stage and sang the song, “And I Am Telling You I'm Not Going” while he sat on stage and took note.

“I think it was great because it has a little bit for everyone regardless of age, I see the young and an older group here, said Pamela Bray. My favorite part of the play

was the early years.”

This program was the final event for Black History Month held at Fort Sam Houston in which several other organizations produced various programs to celebrate the month.

The highlight of the Dodd Chapel Black History Month event was when Jordon brought her husband, Chaplain (Lt. Col.) Steven Jordon to the stage and gave a rousing rendition of, “And I Am Telling You I'm Not Going.”



The play opened with a son, (left) A.J. played by Adrian Goddard, and his father Pops played by Frank Hawkins sitting on stage discussing black music and its contributions to today's society.



Dodd Chapel celebrated Black History Month Feb. 28 at the Evans Theater with a historical tribute to black music and to countless black artists that inspired the nation.

# Community

## Calendar of Events

### TUESDAY Contracting Officer's Representative course

A Contracting Officer's representative course will be held March 10 and 11 from 8 a.m. to 4 p.m. in Willis Hall, Building 2841. The Center for Health Care Contracting training session is for Army Medical Command and Army Medical Department Center and School personnel who require a certification to perform the duties of a contracting officer's representative on contracts awarded in support of the MEDCOM and AMEDDC&S. The class is approximately 1.5 days and will be limited to 35 students. For more information or to register, call 221-6123.

### WEDNESDAY San Antonio Military Community Job Fair

The San Antonio Military Community Job Fair will be held March 11 at the Live Oak Civic Center, 8101 Pat Booker Rd., Universal City, Texas. Historically, over 100 employers gather to speak with active duty and Reserve Soldiers, veterans, military retirees and their Family members on employment opportunities. Eligible ACAP clients can receive pre-job fair assistance at the ACAP Center, Building 2263, Room B-099. For more information, call the ACAP Center at 221-1213.

### MARCH 19 American Society of Military Comptrollers

The Alamo Chapter of the American Society of Military Comptrollers invites all members and non-members to attend a luncheon at the Fort Sam

Houston Golf Club March 19 from 11 a.m. to 1 p.m. The event is hosted by the Air Force Audit Agency. The Guest Speaker will be Charles Carpenter, director, Programs, Resources and Analysis; North American Aerospace Defense Command and U.S. Northern Command, Peterson Air Force Base, Colo., and the topic will be "Resource Management." For more information or to RSVP call Ellen Hester at 536-3311 by March 13.

### MARCH 24 Retired Officers' Wives' and Widows' Club luncheon

The Retired Officers' Wives' and Widows' Club luncheon will held March 24 at 11 a.m. at the Sam Houston Club. The Irish Clown will provide entertainment. For more information or reservations, call 822-6559.

### MARCH 30 AUSA luncheon

The next Association of the United States Army luncheon will be March 30 at 11:30 a.m. at the Sam Houston Club. The speaker will be Mr. J. Randall Robinson, Regional Director IMCOM West. Tickets are available at the MWR ticket office at the Sam Houston Club.

## FSH launches grand opening of Paul Mitchell Hair Salon

By Minnie Jones  
Fort Sam Houston Public Affair

The Fort Sam Houston Post Exchange celebrated its grand opening of the Paul Mitchell Hair Salon with a ribbon cutting ceremony Feb. 26. The hair salon is located in the mall of the post exchange.

"In partnership with our current beauty shop contractor, Dino Moreno Enterprises, the facility was renovated to

meet the Paul Mitchell standards and offer our customers a name brand salon experience," said Darryl Porter, South Texas Exchange general manager.

Due to its location, demographics, and performance Fort Sam Houston was selected as the first site in Army and Air Force Exchange Service to offer the Paul Mitchell Signature Salon program. After reviewing a number of

name brand operations, Paul Mitchell was chosen to complement the AAFES Stylique program based on quality, pricing

and name recognition," said Porter.

The Paul Mitchell Hair Salon offers a wide variety of services.

Hours of operation are

Monday through Saturday 8 a.m. to 7 p.m. and Sunday 10 a.m. to 5 p.m.

For more information about the Paul Mitchell Hair Salon, call 212-8410.



(Left) Darryl Porter, South Texas Exchange general manager and Rex Morena, executive vice president, Gino Morena Enterprises, L.L.C. prepare to cut the ribbon Feb. 26 for the grand opening of the Paul Mitchell hair salon.

# Religious Briefs

## Lent worship services

Lent worship services will be held March 11, 18 and 25; and April 1 at 6 p.m. at the Dodd Field Chapel, Building 1721. For more information, call 221-5010 or 221-5432.

## Journey to Jerusalem

The Fort Sam Houston Chapel community will host "Journey to Jerusalem," an exciting new Easter outreach activity, April 2 to 5 from 5:30

to 8:30 p.m. on the grounds of Main Post Chapel. A Jerusalem village will be created where participants will be actively involved in making crafts, participating in family traditions, and other customs of the time. The event is free and open to the community. The chapel is looking for volunteers to be marketplace workers, actors, or Soldiers. For more information or to volunteer, call Brian Merry at 221-5006 or e-mail [brian.r.merry@us.army.mil](mailto:brian.r.merry@us.army.mil); or Bedell Springs at

897-6880.

## PWOC meets

The Protestant Women of the Chapel is a Christ-centered group that encourages women to grow spiritually within the body of Christ through prayer, the study of God's word, worship and service. A Bible study is held Wednesdays from 9:30 to 11:30 a.m. and Thursdays at 6:30 p.m. Child care is provided. For more information, call 221-5007.



### Main Post Chapel, Building 2200, 221-2754

**Catholic Services:**  
4:45 p.m. - Reconciliation - Saturdays  
5:30 p.m. - Mass - Saturdays  
9:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - weekdays  
**Protestant Services - Sundays:**  
8 a.m. - Collective Protestant  
11 a.m. - Collective Protestant  
**Jewish Services:** 379-8666 or 493-6660  
8 p.m. - Fridays - Worship and  
8:30 p.m. - Oneg Shabbat

### Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

**Catholic Services:**  
9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays  
12:30 p.m. - Mass - Sundays  
**Protestant Services:**  
10:30 a.m. - Gospel Protestant - Sundays  
9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided  
6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided  
**Samoaan Protestant Service:** 8:30 a.m. - Sundays

### Brooke Army Medical Center Chapel, Building 3600, 916-1105

**Catholic Services:**

8:30 a.m. - Mass - Sundays  
11 a.m. - Mass - Sundays  
**Protestant Services:**  
10 a.m. - Worship Service - Sundays  
**Episcopal/Lutheran Rite services:**  
12:30 p.m. - Traditional worship - Thursdays

### Center for the Intrepid, first floor, 916-1105

**Christ for the Intrepid services:**  
5:30 p.m. - Coffee and fellowship - Sundays  
6 p.m. - Contemporary worship - Sundays

### AMEDD Regimental Chapel, Building 1398, 221-4362

**32nd Medical Brigade Student services**  
**Catholic Mass:** 8 a.m. - Sundays  
**Contemporary Protestant Service:**  
9:30 a.m. - Sundays  
**Muslim Jumma:** 1:30 p.m. - Fridays

### Fort Sam Houston Library, Building 1222, 221-4702

**Church of Jesus Christ of Latter Day Saints:**  
8:30 a.m. - Sundays

### Installation Chaplain's Office, Building 2530, 295-2096

**Contemporary Protestant:** 11:01 a.m. - Sundays

**Web site:** [www.samhouston.army.mil/chaplain](http://www.samhouston.army.mil/chaplain)

## FOULOIS from P12

quarter master. The detachment was billeted in the hangar. For rations, the enlisted men ate with the troops of the 3rd Cavalry until that unit departed they then messed with the 22nd Infantry. This change doubled the distance that they had to walk to and from meals to more than a mile, and it seriously interfered with Foulois' flying program. Here the cumbersome nature of the Army logistical system became apparent. When Foulois submitted a formal request that the men be authorized 75 cents per day to spend for meals at civilian homes located close to the detachment, the request had to go all the way to the Secretary of War for approval, collecting as it traveled up and down the chain of command, a total of nineteen endorsements.

Foulois participated in the Billy Mitchell affair, met with

Herman Goering in post-World War I Berlin for purposes of espionage, and made close friends of Douglas MacArthur and Curtis LeMay. Foulois championed enlightened government policy of total air and space preparedness. He was an authentic American hero.

An event that took place later in his life typifies the characteristics that endeared Foulois to flyers and to the public, but not always to his civilian and military superiors. President Lyndon Johnson, who was running against Senator Barry Goldwater in the 1964 presidential campaign, was persuaded that a special medal should be struck for the eighty-five-year old warrior.

President Johnson held a ceremony in the East Room of the White House, complete with distinguished guests, speeches honoring Foulois, and presentation of the medal. Foulois responded with a few

remarks on the state of the nation and the world, then pointing to the paneled entrance said: "I hope to see President Barry Goldwater walk through that door next year." There were no late departures from the ceremony.

Foulois served as the Chief of the Air Service in 1931. He retired in 1935 as a Major General and in 1963 became the sixth person named to the Aviation Hall of Fame. Foulois Road and Foulois House are named in his honor

(Source: Fort Sam Houston Museum website)

## Fort Freebies

**For Sale:** 1993 Cadillac Fleetwood, 86K miles, in excellent condition \$4,000; left-handed hybrid golf clubs two through five woods, graphite shafts, like new, \$200; new drivers, \$125. Call 227-6590.

**For Sale:** Wood desk, \$195; boys' bike, \$15; collection of 50 children's books, Sesame Street, Toy Story, Thomas, Blues Clues, \$50; bedroom set, includes double bed, Banner mattress and box spring, high-boy dresser and large dresser with mirror and shelves, \$450 for set; bowling ball, 12 pounds, \$10. Call 548-2718 or e-mail [e.steil@yahoo.com](mailto:e.steil@yahoo.com).

**For sale:** Roll-top desk, 57 inches by 24 inches by 47 inches, \$75; five-legged corner desk, \$75; two camel-colored love seats, 63 inches by 36 inches by 27 inches, \$75 each; mahogany sofa table, \$75; counter top microwave, model EM-404W, \$35. Call 272-0282.

**For Sale:** Samsung extra-large capacity front load washer, white, only had it for a few months, \$700 obo; Phil and Ted double stroller, gray with black trim, well-used condition, retails at over \$400, \$50 obo; Graco bouncer, black and white pattern, vibration and music, good condition, \$15. Call 382-7505.

**For Sale:** Dresser, \$60; washer, \$95; bicycle rack, \$25; rocking chair with foot stool, \$50; five-piece dining room set, wood, \$350. Call Sandy at 241-1291.